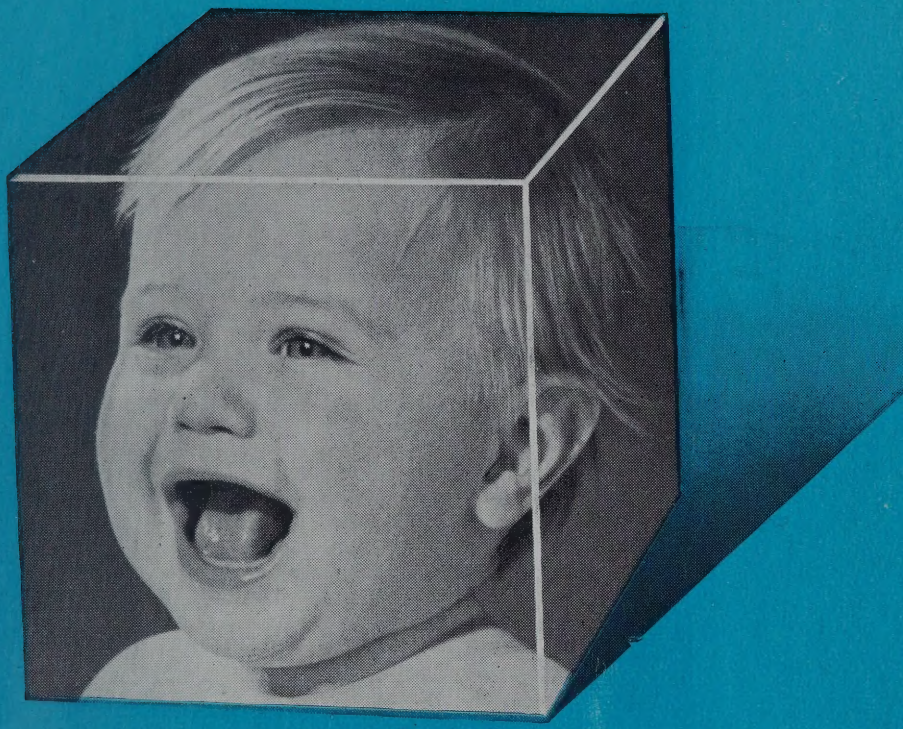

A pocket baby book

MAKE WEANING EASY FOR BABY AND YOURSELF WITH BOVRIL BRAND TRITURATED BEEF AND VEGETABLE WEANING FOOD

WELLCOME LIBRARY
P
10084
22502662286

To Mothers

THIS Pocket Baby Book is rather like Bovril Brand Weaning Food; it's got practically everything you need packed into a small space. Bovril's wonderful new Weaning Food is in cube form and can be prepared in a single minute. The information in this book is very compact, too, and arranged so that you can consult it quickly.

Many mothers get rather indignant with Baby Books; they think they're too full of rules and regulations and that you can't lay down one law for all babies, who differ just as much as grown-ups do.

The experts who prepared this invaluable little book realise that babies differ. They have chosen the simplest rules for baby care and feel sure you'll adapt them to your own circumstances and to your own baby.

Breast-Feeding is Best Feeding

Do breast-feed Baby if you can.

Remember

1. Breast milk contains everything that Baby needs.
2. If you breast-feed, your organs and figure return to normal much more quickly.
3. Breast-fed babies generally escape infections, or throw them off more easily than babies that are bottle fed.
4. The temperature of breast milk is exactly right for Baby.
5. Breast-feeding is easier than artificial feeding. It costs you nothing; there are no bottles, teats and milk to buy, and there is no worry about sterilising bottles and mixing mixtures.

How often to feed Baby?

Every three or four hours. The best times are:

Four-hourly Feeds

6 a.m. 10 a.m. 2 p.m. 6 p.m. and 10 p.m.

Three-hourly Feeds

6 a.m. 9 a.m. 12 noon 3 p.m. 6 p.m. and 10 p.m.

Keep to the feeding hours if you can, but don't wake Baby if he's asleep. Only very occasionally is a 2 a.m. feed necessary—it should be discontinued as soon as possible.

Important Points in Breast-Feeding

1. Hold out Baby to pass water before each feed.
2. Bathe and dry nipples before and after each feed.
3. Hold nipple between two fingers so that Baby does not bolt his feed; hold back breast, so that he can breathe freely.
4. Give both breasts at each feed and see that they are completely emptied of milk.
5. Don't let Baby feed longer than 15-20 minutes.
6. Break Baby's wind by holding him up over the shoulder and rubbing his back gently. Do this halfway through the feed and after he has finished.
7. Give him a little warm boiled water, without sugar, between feeds.

If baby's on a bottle

Here are some SIMPLE RULES for bottle-feeding.

1. IF BABY IS FED ON FRESH MILK

CARE OF MILK

If milk is delivered in glass bottle—

(a) Don't pour it out until it is to be used.
(b) Keeping on sealed cap, wash outside of bottle.
(c) Keep bottle in a refrigerator or standing in basin of clean cold water.

PREPARING THE FEED

(a) Bring milk quickly to boil and cool quickly.
(b) Measure out *exact* amount that doctor has advised.

2. IF BABY IS FED ON DRIED MILK

make it up exactly as doctor suggests.

DO'S AND DON'TS FOR BOTTLE-FEEDING

Do hold out Baby to pass water *before* every feed.
Do hold Baby comfortably on your knee.
Don't prop up the bottle on his pillow and leave him to strain for the milk.
Don't let him suck at an empty bottle.
Do give Baby an adequate intake of vitamins and mineral salts by adding Virol and orange juice to his diet.

For baby's sake—make a clean job of it!

1. TEAT AND VALVE

1. Take both off bottle after feed and wash under cold tap.
2. Rub inside and outside with salt to get rid of milk slime.
3. Rinse and dry.
4. Leave in a covered cup.
5. Rinse before each feed.
6. Scald in boiling water once a day.

2. THE BOTTLE

1. After feed, rinse under cold tap.
2. Using bottle brush, wash in warm, soapy water.
3. Rinse.
4. Leave it completely covered with cold water.
5. Once a day, put in cold water, bring it to the boil and keep at boiling point for 3 minutes.

WEANING WITHOUT TEARS

Q. *What does the word 'Weaning' imply?*

A. It means to get a baby used to new types of food, not, as many people think, to take him away from the breast.

Q. *When should weaning begin?*

A. When Baby weighs 15 lb. (about four-six months).—See Chart on pages 14 and 15.

Q. *Why must Baby be weaned?*

A. 1. Because he needs iron, which is lacking in milk.

2. Because he needs mineral salts and vitamins.

3. Because he needs to make the change-over from milk to solid food gradually over many months.

Q. *Is the change-over to solid food difficult?*

A. Not if you use Bovril Brand Triturated Beef and Vegetable Weaning Food. When prepared, it is a soft purée with a bland, mild flavour that Baby loves.

Q. *Is Bovril Weaning Food approved by doctors and clinics?*

A. Of course it is. Several leading baby specialists were consulted while the formula was being developed. When completed, the Weaning Food was given an extensive trial by a group of hospitals in the Home Counties, and was found entirely satisfactory. It has since been enthusiastically received by clinics and mothers.

Q. *Is Bovril Weaning Food something quite new?*

A. Indeed it is—not only is it new, it is absolutely revolutionary. It is sold in small, solid cubes; they are hygienic, inexpensive and can be made into a purée in less than 60 seconds.

Q. *What is this Weaning Food made from?*

A. Bovril Brand Weaning Food is composed of powdered lean beef, beef extract, dried distillers' yeast (high vitamin B1 content), mashed potato powder, powdered fresh vegetables, bone calcium phosphate and iron ammonium citrate. And remember, Bovril Brand Weaning Food cubes are all food, and not 9 parts water to one part food, like so many other purées.

Q. *Does Bovril Weaning Food give Baby all the extras he needs?*

A. It gives him iron, calcium and phosphorus. At about 4 months of age, Baby has practically used up the iron reserves with which he was born. Bovril Brand Weaning Food supplies iron to enrich Baby's blood (and, incidentally, this iron element makes his motions look a little darker than usual). The calcium and phosphorus in the Weaning Food help to build strong bones and healthy teeth. See, too, that Baby gets his vitamins and mineral salts by giving him Virol and orange juice every day. For those who are interested in exact information here is a quantitative analysis of Bovril Weaning Food:

Analysis	Per oz.	Per cube
Calories	100	21
Protein (Nx 6.25) ...	5.4 g.	1.14 g.
Calcium	700 mg.	150 mg.
Phosphorus	340 mg.	72 mg.
Plus Iron Ammonium Citrate, 1 grain per cube.		

Q. *How do I prepare the Weaning Food?*

A. Easily and quickly, like this :

1. Place cube in a cup (a narrow teacup, not a breakfast cup).
2. Add about a tablespoonful of boiling water.
3. Crush cube with spoon.
4. Stir to consistency of cream.
5. Allow to cool to blood heat.

Q. *How do I offer Baby his first few feeds of Bovril Weaning Food?*

A. Start Baby on Bovril Weaning Food before his 2 p.m. feed. Remember that his first taste of semi-solid food may not be altogether welcome. Give him the purée at the beginning of the meal when he is hungry. Do not breast-feed or give any of his bottle beforehand. Offer the purée in small quantities at first. Put it on a little spoon and place it well on Baby's tongue; he is then less likely to reject it.

Q. *Does going on to this new food upset Baby's tummy?*

A. No. The purée is soft and very easily digestible.

Q. *Does Bovril Weaning Food give Baby enough variety of flavour?*

A. Yes, there are four varieties—beef and tomato, beef and carrot, beef and spring cabbage, beef and mixed vegetables.

Q. *I have heard that Babies sometimes get food infection at weaning time.*

A. Not if you use Bovril Brand Weaning Food.

1. It is prepared in the most hygienic way possible.
2. Harmful organisms cannot develop in a dry powder.
3. You prepare the exact amount Baby needs for each meal, so there are no ' left-overs ' that might harbour germs.

Q. *How much does Bovril Weaning Food cost?*

A. It costs 6d. for a 4-cube packet. A feed for a six-month-old baby costs ½d. For a 7-8 month old baby the cost is 1½d. and for a one-year-old it comes to 3d.

Q. *How about feeding Baby on holiday?*

A. Bovril Weaning Food is ideal when travelling or on holiday as the cubes keep so well in their foil and waxed paper wrappings.

DON'T FORGET–

Baby must keep on with his supplementary foods—

ORANGE JUICE AND VIROL

'It's just the taste he likes!'

CHILDISH AILMENTS

BED-WETTING

With good, calm training most children can keep dry by day and night, before they are two. An occasional accident may happen, but little or nothing should be said about it.

Frequent bed-wetting after the age of two may be due to:

1. Something physically wrong; a doctor should therefore examine the child.
2. Secret unhappiness or insecurity on the part of the child. In this case, everything possible should be done to make the child realise he is loved; praise and little rewards for dry nights may work well.

COLDS AND COUGHS

If the child has a severe cold keep him in bed, and away from other children. Rub back and front of chest with a mixture of equal parts of olive oil and camphorated oil. Give him plenty to drink, fruit juice and a laxative.

CONVULSIONS

Send for doctor at once. While waiting, keep the room quiet, give child a hot mustard bath and then roll him in a warm blanket.

CONSTIPATION

If Baby is constipated, see that he has plenty of plain boiled water to drink and give fresh fruit juice between feeds. Older children should take raw fruit, green vegetables, treacle, porridge and wholemeal bread at meals. Don't on any account give Baby castor oil.

It is much wiser to cure constipation by proper feeding, but if you must give a laxative, ask for your doctor's advice.

DIARRHOEA

In young babies this is not a matter for home treatment; consult a doctor. If the child is older, and the symptoms mild, give a dose of magnesia or castor oil and keep him off food for 24 hours, giving boiled water only.

EARACHE

Always consult a doctor if Baby has earache.

EYE TROUBLES

If your child gets inflamed eyes, you should consult your doctor, as definite treatment is probably required.

STYES

Bathe with a saline solution. Styes are usually caused by lack of a factor or factors in the food, so pay special attention to diet and give the daily dose of vitamins.

SQUINTING

Treatment can be started at $1\frac{1}{2}$ years, so consult a doctor.

FLATULENCE AND COLIC

Give child few teaspoonfuls of boiled water or gripe water and then lift to try and break the wind. (If pain persists apply a hot flannel to abdomen and call a doctor.)

SORE BUTTOCKS

Irritation or redness of the buttocks is usually caused by irritating motions or urine. If Baby's motions are green, slimy or offensive, consult a doctor. If the motions appear to be normal, give Baby plain boiled water (without sugar) between feeds and also give $\frac{1}{4}$-teaspoonful of baking soda in water four times a day.

Keep Baby as dry as you can and change the napkin the moment it gets soiled or wet. Whenever you change Baby, sponge the parts, dry gently, and apply some olive oil or an ointment made up of equal quantities of zinc ointment and castor oil.

If Baby's urine smells of ammonia you should do one of two things:

1. Dissolve a dessertspoonful of boracic crystals in a breakfast-cup of boiling water, wash and dry napkins in usual way and then rinse each one in above lotion.
2. Dust napkin generously with pure boracic powder before putting it on.

TEETHING

Baby's digestive system may be upset during teething. Give extra water and fruit juice and magnesia rather than teething powders.

WORMS

If child is out of sorts for no apparent reason, examine his motions for worms. If they are present, consult your doctor, who will prescribe the correct treatment.

SIMPLE FIRST AID

BRUISES

Baby may often fall and bruise himself, when trying to walk. If the bruise looks very swollen, put on a warm fomentation. If the skin is broken, apply a sterilized dressing.

CUTS

Run cold tap water over a small cut, then bathe with hot water and put on a dressing.

FOREIGN BODIES

If Baby swallows something he shouldn't.

If Baby swallows a button, pin or something similar, call a doctor at once.

If he is delayed, give Baby something stodgy to eat—porridge, for instance, or bread and milk.

Something in the Eye.

You can usually remove grit or dust with the dampened corner of a handkerchief. If you cannot remove the object, take the child to the doctor. Before taking him put a drop of almond or olive oil in the bad eye and cover it with a pad. Don't let him rub it.

Something in the Ear.

Never try to poke anything out of Baby's ear with any kind of instrument. Lay the child down with the affected ear uppermost and pour in a few drops of warm almond or olive oil. Then turn his head round and let the oil trickle out. If this method is unsuccessful, take the child to the doctor.

Something in the Nose.

A sneeze will usually dislodge anything stuck in a child's nose. So make him sneeze by tickling his nose with a feather. Send for a doctor if this fails.

POISONING

Be careful to keep anything poisonous out of Baby's reach; this includes medicines, cleaning materials, etc.

If Baby should swallow something poisonous, *send for the doctor at once.* In the meantime, follow these rules :

1. **If lips and clothes are burnt, the poison is a corrosive one. In this case, do NOT give an emetic (i.e. something to make the child sick).**
2. **If the child is unconscious, do NOT give an emetic. Try to arouse him and to keep him awake.**
3. **If the poison is not corrosive, give an emetic at once. The best one is ipecacuanha wine. If not available, give salt and water. Keep the baby warm in bed and do everything possible to keep him awake until the doctor comes.**

INFECTIOUS DISEASES

Name of Disease	Symptoms	Nursing	Quarantine Period
Chicken Pox	Slight fever. Spots in groups on body.	Keep in bed while spots are coming out and as long as child feels unwell.	14 days.
Measles	Feverish cold, dry cough, slightly inflamed eyes. Rash.	Keep in bed. No bright light, no reading. Keep in bed for week after rash fades.	21 days.
Mumps	Stiffness, slight pain over jaw in front of ear. Possibly some fever. Other side of face and sometimes glands under jaw swell.	If pain is bad apply hot fomentations.	7 days after swelling has gone down.
Whooping Cough	Any bad cough, in spasms, that is worse at night, may be Whooping Cough. Number of quick, short coughs, followed by deep breath, is definitely this disease.	If child is feverish and unwell, keep in bed. Keep windows wide open. Light fire if cold.	6 weeks from commencement of cough.
Scarlet Fever	Fever, hot, dry skin, sore throat, possibly headache, and vomiting. Rash on body and limbs. Neck glands often enlarged.	Is best nursed in Fever Hospital. If nursed at home, call in doctor and follow his instructions.	14 days.
	NOTE. *Have your child immunised against Diphtheria.*		
Diphtheria	Feeling of illness, usually fever. May be no sore throat at first. Later enlarged glands in neck, bad breath.	Doctor should be called at first sign that child is unwell. Best nursed in hospital. If nursed at home follow doctor's instructions.	14-21 days.

BOYS

Average Weight — Height — Age

Height (inches)	Month 1	Months 3	Months 6	Months 9	Months 12	Months 18	Years 2	Years 2½	Years 3	Years 4	Years 5
20	8										
21	9	10									
22	10	11									
23	11	12	13								
24	12	13	14								
25	13	14	15	16							
26		15	17	17	18						
27		16	18	18	19						
28			19	19	20	20					
29			20	21	21	21					
30			22	22	22	22	22				
31				23	23	23	23	24			
32				24	24	24	25	25			
33					26	26	26	26	26		
34						27	27	27	27		
35						29	29	29	29	29	
36							30	31	31	31	
37							32	32	32	32	32
38								33	33	33	34
39								35	35	35	35
40									36	36	36
41										38	38
42										39	39
43										41	41
44											43

(Weight figures shown above are in pounds)

Don't be alarmed if your baby differs a pound or so from the weights given in these charts. However, if the rate of gain is too low or ceases, consult your doctor at once.

GIRLS

Average Weight — Height — Age

Height (inches)	Month 1	Months 3	Months 6	Months 9	Months 12	Months 18	Years 2	Years 2½	Years 3	Years 4	Years 5
20	8										
21	9	10									
22	10	11									
23	11	12	13								
24	12	13	14	14							
25	13	14	15	15							
26		15	16	17	17						
27		16	17	18	18						
28			19	19	19	19					
29			19	20	20	20					
30			21	21	21	21	21				
31				22	22	23	23	23			
32					23	24	24	24	25		
33						25	25	25	26		
34						26	26	26	27		
35						29	29	29	29	29	
36							30	30	30	30	31
37							31	31	31	31	32
38								33	33	33	33
39								34	34	34	34
40									35	36	36
41										37	37
42				(*Weight figures shown above are in pounds*)						39	39
43										40	41
44											42

Don't be alarmed if your baby differs a pound or so from the weights given in these charts. However, if the rate of gain is too low or ceases, consult your doctor at once.

GIRLS' NAMES — *and their meaning*

A

Abigail	My father's joy.
Ada	Joy.
Adelaide, Adeline	Noble and kind.
Agatha	Good, kind.
Agnes	Pure.
Alice	Same as Adeline.
Amanda	Worthy of love.
Amelia	Energetic.
Angela	Angelic.
Ann, Anna, Anne	Derived from Hannah.
Antoinette	Feminine form of Anthony.
Audrey	Pet form of Ethelreda.

B

Barbara	Foreign or strange.
Beatrice	Bringer of joy.
Belinda	A snake.
Blanche	White.
Bridget	Shining bright.

C

Caroline	Feminine form of Charles.
Cassandra	She who inflames with love.
Cecilia, Cecily, Cicely	Feminine forms of Cecil.
Charlotte	Feminine form of Charles.
Christine	Christian.
Clara, Clare	Clear or bright.
Constance	Firm, constant.
Cynthia	Belonging to mount Cynthus.

D

Daisy	A Victorian flower name.
Daphne	Laurel leaves.
Davina	Feminine form of David.
Deborah	A bee
Denise	Feminine form of Dennis.
Diana	Moon goddess.
Dinah	Judged.
Dolores	Mary of the Sorrow.
Doreen	Morosely silent.
Doris	Derivation and meaning unknown.
Dorothea, Dorothy	Gift of God.

E

Edith	Rich gift.
Edna	Pleasure.
Eileen	Irish form of Helen.
Elaine	French form of Helen.
Eleanor, Elinor	Forms of Helen.
Elizabeth	Consecrated to God.
Ellen	Old English form of Helen.
Emily	Industrious.
Esme	Meaning unknown.
Estelle	Meaning unknown.
Ethel	Feminine form of Ethelbert.
Eunice	Happy victory.
Eva, Eve	Life.

F

Faith	Self-explanatory.
Felicity	Joyful.
Flora	Flowers.
Florence	Blooming or flourishing.
Frances	Feminine form of Francis.

G

Gabrielle	Feminine form of Gabriel.
Geraldine	Feminine form of Gerald.
Gertrude	Strong with the spear.

Gladys	Meaning unknown.
Grace	Self-explanatory.
Gwen, Gwyneth	Blessed.

H

Hannah	Grace.
Harriet	Feminine form of Henry
Hazel	Plant name.
Heather	Flower name.
Helen	The shining one.
Henrietta	French feminine form of Henry
Hester	Variant of Esther.
Hilda	Battle maid.

I

Ida	Like a goddess.
Irene	Peace.
Iris	Flower name.
Isabel	Same as Elizabeth.

J

Jacqueline	French feminine of Jacques.
Jane	A feminine form of John.
Jean	Same as Joan.
Jemima	A dove.
Jennifer	White vision.
Jessica	The Lord watches.
Jessie	Scottish form of Jane.
Jill	A feminine form of Julius.
Joan	Feminine form of John.
Josephine	French feminine form of Joseph.
Joyce	Sportive.
Judith	Praised.
Judy	Feminine form of Judah.
Julia	A feminine form of Julius
Juliana	A feminine form of Julius.
Juliet	Diminutive of Julia.
June	Taken from name of month.

K

Katherine, Catherine	Pure.

L

Laura	A laurel wreath.
Lavinia	Meaning unknown.
Leah	Weary.
Leonora	Greek form of Eleanor.
Lesley	Feminine form of Leslie.
Lorna	Modern name, meaning unknown.
Louisa, Louise	French feminine form of Louis.
Lucy	Born at daybreak.
Lydia	Meaning unknown.

M

Mabel	Lovable.
Madeline	Belonging to the town of Magdala.
Madge	Diminutive of Margaret.
Maisie	Diminutive of Margaret.
Margaret	A pearl.
Marie	French form of Mary.
Marion	Derived from Mary.
Martha	The ruler of the house.
Mary	Star of the sea.
Matilda, Maud	Heroine of the battle.
Maureen	Celtic form of Mary.
Mavis	Modern name, meaning unknown.
May	Taken from name of month.
Melanie	Of darkest hue.
Mildred	Mild of speech.
Miranda	Admirable.
Miriam	Rebellion.
Monica	Modern name, meaning unknown.
Muriel	Celtic form of Miriam.

N

Naomi	To comfort in sorrow.
Nellie	Pet form of Helen.
Norah	Derived from Eleanor.

	O
Olive, Olivia	An olive tree
Ophelia	A helper.
	P
Pamela	Comparatively modern name, meaning unknown.
Patricia	Feminine form of Patrick.
Penelope	A weaver.
Phoebe	Pure and radiant.
Phyllis	A green bough.
Polly	Diminutive of Mary.
Priscilla	From the past.
Prudence	Self-explanatory.
	R
Rachel	A ewe lamb.
Rebecca	Of enchanting beauty.
Rhoda	A rose.
Rosalind	Flower name.
Rose	Flower name.
Rosemary	Mist of the sea.
Ruth	Of great beauty.
	S
Sadie	Diminutive of Sarah.
Sally	Diminutive of Sarah.
Sarah	A princess.
Sheila	Irish form of Cecilia.
Shirley	Modern name, meaning unknown.
Sibyl	A prophetess.
Sophia, Sophie	Full of wisdom.
Stella	A star.
Stephanie	Feminine form of Stephen.
Susan, Susannah	A lily.
Sylvia	From the woods.
	T
Teresa, Theresa	A reaper of corn.
	U
Ursula	She-bear.
	V
Valerie	Meaning unknown.
Vanessa	Modern name, meaning unknown.
Vera, Veronica	Model of truth.
Victoria	Victory.
Violet	Flower name.
Virginia	Pure.
Vivienne	Feminine form of Vivian.
	W
Winifred	Lover of peace.
	Y
Yolande	A violet.
Yvonne	A yew tree.
	Z
Zillah	Unobtrusive.
Zoe	Life.

BOYS' NAMES — *and their meaning*

	A
Aaron	Giver of light.
Abel	Vanity.
Abner	Father of light.
Abraham	Father of a host.
Absalom	Father of peace.
Adam	Red earth.
Adolphus	A wolf.
Adrian	From the Adriatic.
Alan	Harmony.
Albert	Glorious.
Alexander	A helper of men.
Alfred	Wise counsel.
Algernon	Whiskered.

Ambrose	Divine.
Amos	Strong and courageous.
Andrew	Strong and manly.
Angus	Of excellent virtue.
Anthony	Praise.
Archibald	Holy Prince.
Arthur	Of noble race.
Aubrey	King of spirits.
Augustus	Imperial.
	B
Bartholomew	A warlike one
Basil	Kingly or royal.
Benjamin	Son of the right hand.
Bernard	Strong or hardy.
Brian	Strong.
Bruce	From surname Robert Bruce, King of Scotland.
	C
Cecil	Dim-sighted.
Charles	Noble-spirited.
Christopher	Bearing Christ.
Clarence	Illustrious.
Claude	Lame.
Clive	Surname of Robert Clive of India.
Colin	Derived from Nicholas.
Conrad	Able counsel.
Cuthbert	Noted splendour.
Cyril	Lordly.
Cyrus	The sun.
	D
Daniel	A divine judge.
David	Beloved.
Denis, Dennis	Belonging to the god of wine.
Derrick, Derek	Gift of God.
Donald	Proud chief.
Douglas	Dark river.
Duncan	Brown chief.
	E
Ebenezer	Stone of help.
Edgar	Giver of joy.
Edward	Guardian of joy.
Elija	The Lord is my God.
Enoch	Consecrated.
Ernest	Vigorous.
Ethelbert	Of noble birth.
	F
Francis	Free.
Frank	Diminutive of Francis.
Frederic(k)	Abounding peace.
	G
Gabriel	Man of God.
Geoffrey	At peace with God.
George	Husbandman
Gerald	Strong in battle.
Gideon	A mighty warrior.
Gilbert	Shining.
Godfrey	Same as Geoffrey.
Gregory	Watchful or vigilant.
	H
Harold	Leader of an army.
Henry	Chief of a house.
Herbert	Glory of the army.
Horace	Of uncertain fate.
Howard	Adaptation of surname.
Hubert	Bright in heart.
Hugh	The soul.
Humphrey	Guardian of the home.
	I
Ian	Same as John.
Ira	Watchful.
Isaac	Laughter.
Israel	Soldier of God.
	J
Jabez	One who causes pain.
Jack	Same as John.
Jacob	A supplanter.
James	Same as Jacob.
Jeremiah, Jeremy	The exalted of the Lord.
Jesse	Riches.
Joel	The Lord is God.
John	God is gracious.
Jonathan	The Lord gave.
Joseph	He shall increase.
Joshua	The Lord of salvation.
Josiah	Supported by the Lord.
Judah	Confession.
Julius	Soft haired.

	K
Kenneth	A leader or commander.
	L
Laurence, Lawrence	Crowned with laurels.
Leo	A lion.
Leonard	Brave as a lion.
Leslie	Modern name, meaning unknown.
Lewis, Louis	A brave warrior.
Lionel	Young lion.
Llewellyn	Lightning.
Luke	Light.
	M
Martin	Soldier of Mars.
Matthew, Mathias	Gift of Jehovah.
Maurice	Dark skinned.
Micah, Michael	Who is like the Lord.
Montague	Derived from the family name.
Moses	Drawn out of the water.
	N
Nathan, Nathaniel	Gift of the Lord.
Nicholas	Victory of the people.
Nigel, Neil	Swarthy chieftain.
Noah	Rest.
Norman	A native of Normandy.
	O
Obadiah	Servant of the Lord.
Oliver	Masculine form of Olive.
Oswald	Power of the Lord.
	P
Patrick	A nobleman.
Paul	The little one.
Percival	Meaning unknown.
Peter	A rock.
Philip	A lover of horses.
	R
Ralph	A wolf.
Raphael	The healing of God.
Raymond	Wise counsel.
Reginald	A mighty ruler.
Reuben	Behold, a son.
Richard	A powerful ruler.
Robert	Bright in renown.
Rodney	Derived from the surname.
Roland, Rowland	Famed on the land.
Ronald	Derived from Reginald.
Roy	A king.
Rupert	Modern name, meaning unknown.
	S
Samson	Supreme happiness.
Samuel	Heard by God.
Seth	The chosen one.
Sidney	Derived from the famous family name.
Simeon, Simon	Heard with gratification.
Solomon	Peaceful.
Stanley	Derived from the surname.
Stephen	A garland.
	T
Terence	Meaning unknown.
Theodore	Gift from God.
Thomas	A twin.
Timothy	Honouring God.
Tobias	Noted by the Lord.
	V
Valentine	Strong and healthy.
Victor	Self-explanatory.
Vincent	A conqueror.
Vivian	Lively.
	W
Wallace	Derived from the Scottish surname.
Walter	Master of the woods.
Wilfred	Strong peace.
William	Helmet of resolution.
	Z
Zachary	Remembered by the Lord.

BEEF & SPRING CABBAGE

BEEF & MIXED VEGETABLE

BEEF & CARROT

FOR BUSY MOTHERS

Bovril's 'Made-in-a-Minute' Weaning Food.
Medically approved—
Scientifically tested.

4 VARIETIES

BEEF & MIXED VEGETABLES
BEEF & TOMATO
BEEF & SPRING CABBAGE
BEEF & CARROT

(Each flavour is in different coloured foil wrapper)

BEEF & TOMATO

6D 4-CUBE PACKET

BOVRIL BRAND
Triturated Beef and Vegetable
WEANING FOOD

MADE IN ENGLAND

W.9.